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WE NEED TO TALK ABOUT KEVIN

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JENNIFER LOGUE, FEATURES EDITOR

Ever wonder what it's like to be a real life paranormal investigator? We chat with Philadelphia-based Olde City Paranormal about the most haunted places in the region as well as how they're giving back to the community through their ghost hunting expeditions. **metro.us**

US CAPTURES SUSPECTED BENGHAZI MILITANT

U.S. forces have captured a militant who is believed to have played a role in a 2012 attack on a U.S. diplomatic compound in Benghazi, Libya, that killed U.S. Ambassador Christopher Stevens and three other Americans, U.S. officials said on Monday. The officials, speaking on the condition of anonymity, said that U.S. Special Operation Forces captured the militant in Libya in the past few days. Two of the officials identified him as Mustafa al-Imam and said he had played a role in the attack and the ambassador's death. The officials said the man was now in the custody of the Department of Justice and being transported back to the United States by the military. They added that the operation was authorized by President Donald Trump and had notified the U.N.-backed Government of National Accord.

JUDGE BLOCKS MILITARY TRANSGENDER BAN

2 A federal judge in Washington on Monday blocked President Donald Trump from banning transgender people from serving in the U.S. military, handing a victory to transgender service members who accused the president of violating their constitutional rights. Trump announced in July that he would ban transgender people from the military in a move that would reverse Democratic former President Barack Obama's policy of accepting them and halt years of efforts to eliminate barriers to military service based on sexual orientation or gender identity. The transgender service members sued in August to try to block the ban, which had not yet gone into effect, and U.S. District Judge Colleen Kollar-Kotelly granted them an injunction halting enforcement of it until their case is resolved.

CHARGED IN RUSSIA PROBE

3 Paul Manafort, former campaign manager for Donald Trump, left, exits the U.S. Courthouse in Washington, D.C., on Monday. The federal investigation into whether President Trump's campaign colluded with Russia took a major turn Monday as authorities charged three people a former campaign chief, his business associate and an ex-policy adviser — with crimes including money laundering, lying to the FBI and conspiracy. *For more, see page 8.*

GETTY IMAGES

GOV SIGNS REVENUE BILLS TO WRAP UP BUDGET

4 Pennsylvania Gov. Tom Wolf on Monday signed a set of bills to provide $2.3 billion in new revenue for the state and end a four-month impasse with lawmakers over how to pay for the state's fiscal 2018 budget. Lawmakers had approved a $32 billion spending plan on June 30 for the current fiscal year, but they could not agree until last week on how to raise enough new revenue to close a yawning deficit of more than $2 billion. The new legislation will boost revenues in part by expanding gambling and securitizing expected funding from tobacco companies for healthcare costs. That money comes from big tobacco companies that agreed in a 1998 settlement with U.S. states to help cover medical costs associated with smoking and tobacco use.

UN: CO2 LEVELS GREW AT RECORD PACE IN 2016

5 The amount of carbon dioxide in the earth's atmosphere grew at a record rate in 2016 to a level not seen for millions of years, potentially fuelling a 65.6 foot rise in sea levels and adding 3 degrees to temperatures, the United Nations said. Atmospheric concentrations of carbon dioxide (CO_2), the main manmade greenhouse gas, hit 403.3 parts per million (ppm), up from 400.0 in 2015, the U.N. World Meteorological Organization said in its annual Greenhouse Gas Bulletin. That growth rate was 50 percent faster than the average over the past decade, driving CO_2 levels 45 percent above pre-industrial levels and further outside the range of 180-280 ppm seen in recent cycles of ice ages and warmer periods.

POLL

A new poll out this week from NPR finds that 60 percent of black Americans say they or a family member have been unfairly stopped or treated by police because they are black.

60%

Source: NPR, the Robert Wood Johnson Foundation and the Harvard T.H. Chan School of Public Health

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A shelter popular among stray cats living near Penn's Landing (left) was destroyed by a fire in a suspected anti-cat arson attack. COURTESY OF STRAY CAT RELIEF FUND

Feral cats under attack as arsonist allegedly targets Pennsport strays

A local nonprofit dedicated to protecting stray cats says one cat colony is being targeted by a feline-hating pyromaniac.

SAM NEWHOUSE
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Days after a shelter for stray cats on Penn's Landing was burned in what animals lovers believe was an act of deliberate arson, a dazed survivor of the blaze was found staggering about near the wreckage.

"Volunteers just found one of the cats with fractured limbs and burns," cat lover and activist Alexa Ahrem posted on Facebook on Monday afternoon. "[The] cat is currently being transported to SPCA for medical care. … We think he may have escaped the fire and was just found."

Ahrem is a member of the Stray Cat Relief Fund, which set up the shelter for stray cats that live in the Pennsport section of South Philly that includes part of Penn's Landing. She first posted images of the destruction after it was discovered on Saturday and asserted that a cat-hating pyromaniac was responsible.

"This was the THIRD arson to the cat shelters at the pier in the past two weeks," Ahrem wrote. "Now all of the shelters that took an entire season, thousands of dollars and hundreds of man-hours to create and upkeep are completely destroyed. … This was planned. This was methodical. This is sickening."

Ahrem is a board member of Stray Cat Relief Fund, which built the shelters and was about to organize efforts "to winterize the cat shelters at the piers," she said. Instead, they're collecting wreckage, looking for clues and trying to treat survivors.

Law enforcement was notified of the incident, and animal cruelty law enforcement officers are also investigating.

"The Pennsylvania SPCA's Humane Law Enforcement Team, in coordination with the Philadelphia police and fire departments, is investigating the fire at Pier 70 affecting the feral cat colony there," a PSPCA spokeswoman said via email. "We are still very early in the investigation and hope to have more information to share soon as to what happened and who may be responsible."

But no clues about who might be responsible have yet been made public.

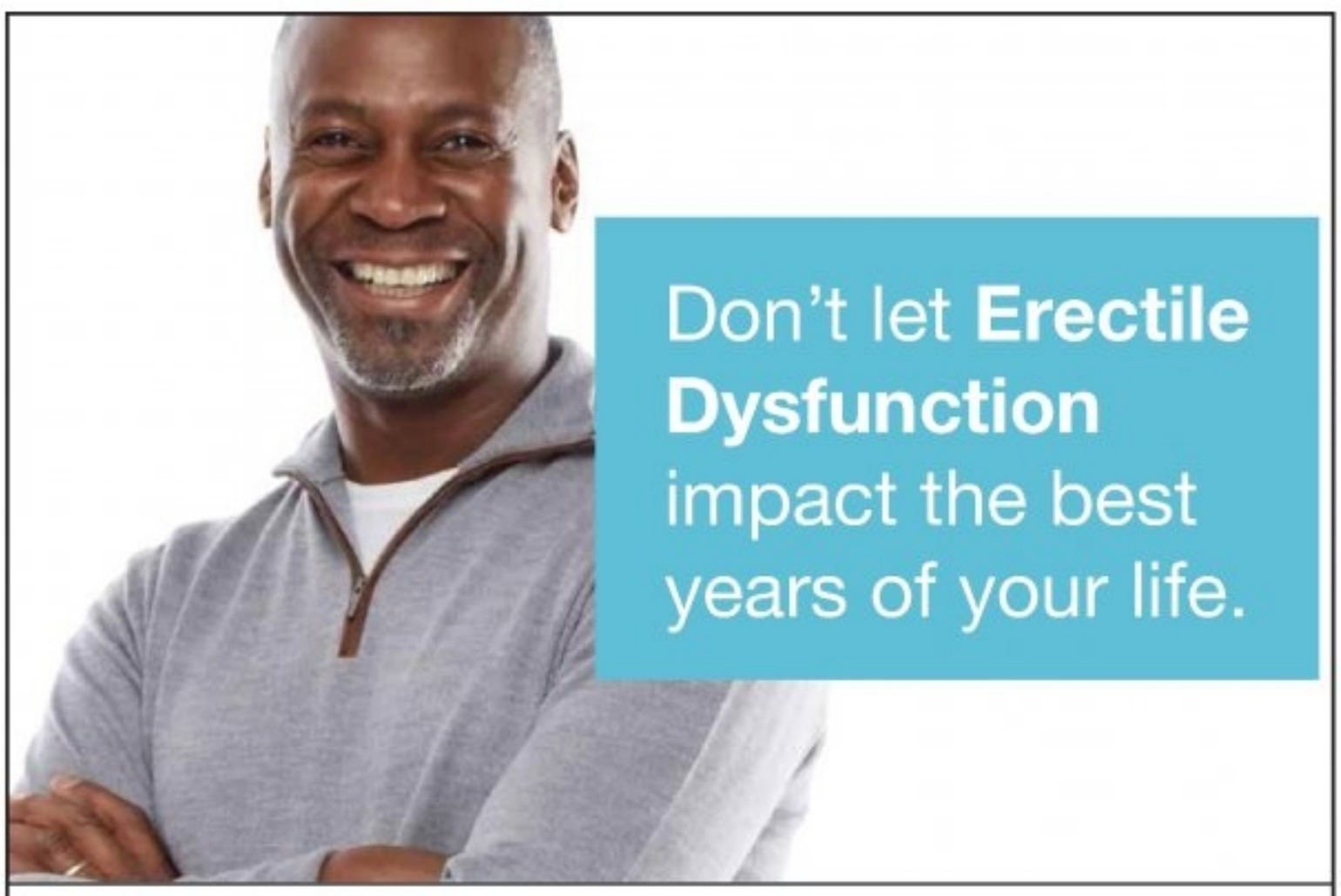
Ahrem has created a Gofundme to help finance rebuilding and winterizing shelters for the cats. According to her, the colonies for stray cats "house hundreds of cats [and] have been active at the piers for over 30 years." Stray Cat Relief got involved four years ago to play a role in their upkeep.

But now, she says, the cats are under attack in ways beyond just the arson.

"Not only arson, but reports of people at the piers slitting cats' throats and dumping them in the river, and hanging them and throwing them in the river," she wrote.

Stray Cat Relief is holding an upcoming fundraiser which Ahrem hopes will help pay for increased security by the cat colonies, including fences, barbed wire, surveillance cameras, supplies and a reward for the capture of the arsonist.

Visit straycatreliefund.org online for more information about the shelters and their upcoming fundraiser.



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Fraud charges filed over contested North Philadelphia election

Former Green Party candidate Cheri Honkala left, and former Republican candidate Lucinda Little, are suing to void the special election for state representaive of the 197th District over alleged electioneering. SAM NEWHOUSE

Democrats are facing charges for illegal activity during a special election.

SAM NEWHOUSE
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Four election staff members who oversaw the heavily contested special election in the 197th District were named in criminal allegations of voter fraud.

Wallace Hill, 60, Calvin Mattox, 52, Thurman George, 57, and Dolores Shaw, 61, were Democrats overseeing the voting at Esperanza Health Center at Kensington and Allegheny avenues during the March 21 special election for the 197th District's state representative — an election in which no Democrat was on the ballot.

Only Republican Lucinda Little was on the ballot. Green party candidate and neighborhood activist Cheri Honkala ran a write-in campaign. The Democrats got about 75 percent of the vote, electing Emilio Vazquez, to replace two previous office-holders in that district, both Democrats who left office disgraced by allegations of wrongdoing.

Little and Honkala joined forces to file a lawsuit alleging widespread voter fraud, including Democrats tricking Green Party and Republican voters into voting Democratic, pressuring them to vote Democratic and manipulating the results of some votes.

Now the Philadelphia DA's office and state AG's office seem to agree.

The four election workers were charged with violating the election code by engaging in or allowing electioneering in polling places, letting Democrats pass out campaign literature there and letting people follow voters into the polling booths.

Vasquez, a former Philadelphia Parking Authority auditor, will have to run for re-election in 2018 to keep his seat as state rep.

KING OF PRUSSIA

An entrance at King Of Prussia mall GOOGLE MAPS

Police shoot suspect in King of Prussia mall parking garage

The Philly area's biggest mall was on lockdown Monday after gunshots rang out inside the mall's parking garage.

An armed suspect was wounded and placed under arrest after being shot by an Upper Merion police officer during the incident in the parking garage. No further details about the suspect, any activities or why the officer needed to use a gun were released as of press time.

Montgomery County DA Kevin Steele released a statement on Monday saying that detectives from his office were investigating and would provide a "fair and thorough" investigation into "whether the decision to use deadly force is lawful in that situation."

The two officers present during the shooting and the suspect were not identified. Both officers are on desk duty, pending the investigation's results.

The suspect was listed in serious condition at Paoli Hospital at press time. SAM NEWHOUSE

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Philadelphia has applied to be the home of Amazon's new second headquarters. GETTY IMAGES

AMAZON WANTS A BIKE-FRIENDLY CITY FOR HQ2

When Amazon announced it was looking for a new city to house its second headquarters, American (and Canadian) cities began taking action, talking themselves up to the web and media giant, then placing bids to bring in the headquarters and its estimated 50,000 jobs. Two-hundred-and-thirty-eight cities applied.

But, of those 238, about zero meet every one of Amazon's demands. And for good reason: American cities are not as bikeable as many would like. Amazon specifically wants a bikeable, walkable city to house their second headquarters, and most American cities are lacking.

"The Amazon RFP reads like an urban planner's dream," noted the Harvard Business Review, "brimming with calls for energy efficient buildings, recycling services, public plazas, green space, and access to multiple modes of transportation." Amazon wants its new employees to have access to "sidewalks, bike lanes, trams, metro, bus, light rail, train and additional creative options" to get to and from work.

One thing Amazon is not asking for, for its HQ of the future: ample space for car-centric employees to drive fast. Cars are perhaps the most insufficient transportation mode human beings have. Low-carbon, high-efficiency vehicles, like bikes and high-speed trains are how people will get around these Dense Areas Of The Future. Companies like Amazon know this. They're preparing.

And Philadelphia officials have heeded the call. In a series of videos produced specifically for Philadelphia's pitch to Amazon, locals talk up not just the talent Amazon could hire from, but the "Livability" that talent (and new residents) would enjoy. I was actually asked to be in the "Livability" pitch video, to speak specifically about Philadelphia's bike-ability.

Bikeable and walkable spaces aren't just better for your health, they make business sense.

RANDY LOBASSO

Analysis

Study after study has shown that retail flourishes in places where people are able to easily travel by bicycle. People for Bikes writer Michael Anderson recently noted studies which takes this a step farther, noting people who bike to their jobs are happier.

"More bike infrastructure means more biking, which means healthier, happier workers; salaries that go further, thanks to lower commuting costs; and millions of dollars that don't have to be spent on garage or surface parking," noted Anderson in a recent article.

And American city leaders have actually used this rationale when building new bike lanes. "You cannot be for a startup, high-tech economy and not be pro-bike," said Chicago Mayor Rahm Emmanuel when he opened a bike lane on Dearborn Street in 2012.

Mayor Jim Kenney hasn't exactly gone as far as Emmanuel when announcing his new Vision Zero projects, recently. But the fact that Philadelphia has decided to talk up its livability — and not necessarily the tax breaks that Amazon would get for being here, although that will likely happen, too — is a positive sign. Now, we just need city and state legislators to get out of the way of progress on street safety projects, like better crosswalks, bike lanes, and public transit options, so our livability can live up to all this hype.

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Malcolm Jenkins raises his fist in protest. GETTY IMAGES

Malcolm Jenkins on national anthem protests: 'We don't really like doing this'

One of the NFL's vocal leaders says he is ready to move past protests — as soon as the league says it is ready to collaborate.

EVAN MACY
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Malcolm Jenkins, the Eagles' outspoken safety who has been protesting during the National Anthem since last year in an effort to raise awareness for the racial issues infecting the United States, was supposed to meet with the NFL Monday. He and other players — potentially including blackballed quarterback Colin Kaepernick — were planning to attend a meeting that has been called off, or postponed. Jenkins says he has no idea why the meeting is off.

"I feel like we've done everything that we've needed to do to work in a collaborative effort with the league," Jenkins said Sunday, following a 33-10 win over the 49ers. "We have shown up at meetings they have requested, we have had conversations they have wanted to. And we are waiting for follow up from meetings a few weeks ago, and are still waiting."

Last week, Jenkins and other Eagles players traveled to Harrisburg in support of criminal justice reform legislation. Last offseason, Jenkins rode along with Philadelphia police officers to see first hand what it is like for cops in big cities.

Every Sunday he raises his fist in a subtle protest.

But he doesn't want to.

"They want to get back to football, we want to get past anthem demonstrations," he said, "but to do that we have to be able to replace the platform that we have."

Jenkins continued, "Any player who is protesting will tell you the only reason we use the anthem is because it's a platform like no other. We use it to draw attention to other issues. We have heard from many people to use a different venue and platform but quite frankly, this is the most effective one. Here we are. It's been a year a half, and it's still news at the top of every hour. We don't really enjoy doing this. We'd love to have a different platform and we think that's something we could work collaborative with the NFL to create."

Jenkins says he is proud of the players, as they continue to show solidarity. He is also optimistic that the league will follow through. "Behind closed doors they talk about supporting us and getting something done," he said.

PUERTO RICO INVESTIGATION

FBI investigates Puerto Rico power contract: WSJ

The Federal Bureau of Investigation is investigating a $300 million contract that Puerto Rico's government power company awarded to a U.S.-based energy startup, The Wall Street Journal reported Monday, citing people familiar with the matter.

The contract between Whitefish Energy Holdings and Puerto Rico's bankrupt power utility came under fire after it was revealed last week that the terms were obtained without a competitive public bidding process.

Whitefish had more than 350 workers and 2,500 tons of heavy equipment on the ground for rebuilding electrical lines destroyed in Hurricane Maria, raising concern about Puerto Rico's management of federal disaster-relief funds to the island, the WSJ reported.

The Federal Emergency Management Agency, multiple congressional committees and local auditors have begun requesting documents about the deal, according to the WSJ.

A Whitefish spokesman said the company was not aware of any such investigation and that it "is committed to full cooperation with any inquiry or investigation."

The FBI's office in Puerto Rico did not respond to a request for comment. REUTERS

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Who are Paul Manafort and Rick Gates?

President Trump has denied any collusion between his campaign and Russia.

Paul Manafort, a businessman and longtime Republican Party operative, surrendered on Monday to the Federal Bureau of Investigation to face the first charges produced by a special counsel investigation into alleged Russian meddling in the 2016 U.S. presidential election.

Manafort and his associate Rick Gates were indicted by a federal grand jury. The 12-count indictment included conspiracy against the United States, conspiracy to launder money, being an unregistered agent of a foreign principal, making false and misleading statements and seven counts of failure to file reports of foreign banks and financial accounts.

Both pleaded not guilty to the charges.

12

THE 12-COUNT INDICTMENT INCLUDED CONSPIRACY AGAINST THE U.S., AMONG OTHER THINGS

Who is Paul Manafort?

Manafort is a veteran Republican operative who has worked as a Washington lobbyist and international political consultant. His former clients include authoritarian leaders such as the late Ferdinand Marcos of the Philippines and Russian and Ukrainian businessmen and politicians. Manafort was a campaign manager for the Trump campaign in the summer of 2016.

Who is Rick Gates?

Rick Gates was Manafort's deputy and business associate. According to two former high-level Trump staffers, Gates essentially functioned as the Trump campaign manager for more than two months, all while not collecting a paycheck.

Rick Gates (left) and Paul Manafort (right) have been charged in relation to the Russia probe. GETTY IMAGES

What does the indictment charge they did?

The indictment against Manafort and Gates says they both generated tens of millions of dollars of income from Ukraine work and laundered money through scores of U.S. and foreign entities to hide payments from U.S. authorities between 2006 and through at least 2016.

The indictment said they concealed from the United States their work and revenue as agents of Ukrainian political parties. They used their wealth to lead a "lavish lifestyle" without paying taxes on the income, prosecutors said. The indictment says that more than $75 million flowed through Manafort's and Gates' offshore accounts. Manafort, the indictment said, laundered more than $18 million.

What are Manafort's links to Trump?

Manafort joined the Trump presidential campaign in March 2016 and later became campaign manager, but he was forced to resign in August as questions emerged about his previous work for the political party of the Kremlin-backed former Ukrainian president, Viktor Yanukovich.

Business Insider reported that Manafort and Trump have been connected since the 1980s, when Trump hired Manafort's lobbying firm to help the Trump Organization.

How significant is Gates' arrest?

The indictment lays out the extent of Gates' involvement with Manafort going back years. That could potentially open the door for Gates to testify against Manafort and others in the future. David Sklansky, a professor at Stanford Law School and former federal prosecutor, said Gates could feel pressure to cooperate and provide testimony against Trump.

REUTERS

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TRICK OR TREAT

TOM FOREMAN

Analysis

CNN's Tom Foreman is the author of the book "My Year of Running Dangerously."

Like a screaming clown leaping out of a dark alley with an ax, the Russia probe came shrieking at the White House to kick off Halloween week. And Team Trump has reason to be afraid.

According to court records, for the first time we now have a person directly tied to the Trump campaign admitting he was communicating with people he believed were tied to the Russians — they were discussing "dirt" on Hillary Clinton — and officials say George Papadopoulos has admitted lying about it to federal agents. In one savage swipe, this revelation from special counsel Robert Mueller has shredded President Trump's repeated assertion that allegations of collusion are nothing but a "hoax" and that the investigation is a "witch hunt."

Of course, the White House is not admitting that. When press secretary Sarah Huckabee Sanders met with the media, she pushed back like a teen camper trying to keep a zombie out of the cabin. She insisted the news "… has nothing to do with the president — nothing to do with the president's campaign …" That is just whistling through the graveyard.

Sure, this news and the indictment of a former campaign manager and his colleague over other matters, which they deny, do not directly implicate President Trump. No one has yet proven he knew about, encouraged or tolerated any illicit contact with the Russians. And for all the glee among Democrats over these latest revelations, unless such a link is established to the Oval Office, Trump could see a blood bath around him — and yet firmly hold onto his position. I've said it before: Unseating a president is remarkably difficult, even if many unseemly or even illegal acts are discovered close to his chair.

But the events we've seen this week do matter, if only because they indicate — after months of curiosity and waiting — the investigation is relentlessly marching forward, and it is producing results. Maybe they are small now, but that's how big things grow in that world. They start as a rattling window, a creaking floor or a thickening in the darkness — then suddenly they are all fangs and howling fury.

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We need to talk about Kevin

Have you heard that Kevin Spacey has come out of the closet? And do you know that it was essentially in response to a sexual-assault allegation? Most likely! Doesn't make it less disturbing though, does it?

Sunday night, BuzzFeed published a story in which actor Anthony Rapp claimed when he was merely 14, a 26-year-old Spacey made sexual advances toward him. A few hours later, at the stroke of midnight, Spacey responded in turn via Twitter, saying he didn't remember the incident but also? He's gay. Are you sufficiently distracted now?

Anyway, people on Twitter were clearly not having it. Author and activist Dan Savage perhaps said it best, writing "Nope to Kevin Spacey's statement. There's no amount of drunk or closeted that excuses or explains away assaulting a 14-year-old child."

Lessons I hope Kevin Spacey has learned: talk to your publicist first. Also? That nobody believes whatever mangled lace-front you're probably using. The more you know, my dude.

Not buying it.
ALL PHOTOS GETTY IMAGES

the word

Charlie Heaton is a busy boy

Did you all spend the weekend in bed, binge-watching "Stranger Things" and ruining your body with a tub of ice cream? Samesies! But just so you know, a bunch of weird news came out about Charlie Heaton this weekend, the man who plays Jonathan Byers. And all we have to say is: Oh boy!

The 23-year-old actor was caught with cocaine in his bag at LAX on Saturday. Then, Monday morning, news came out that my dude has a whole other secret life: Heaton is someone's father.

Apparently, Heaton and his ex-girlfriend, Akiko Matsuura, share a 3-year-old son together.

The "Stranger Things" star does the most.

"Right now, Charlie's career is his priority but he hopes to see more of his son once filming commitments calm down," a source told Page Six.

Mmhm. Must be nice to ditch your son for your career, pal!

In the words of Hall and Oates, you two "make-ah my dreams come true."

Are Jenny and Chris back on?

Has Zeus above heard our late-night cries? You know, the ones where we beg over and over for Jenny Slate and Chris Evans to kiss and makeup? Maybe!

Slate and Evans — who dated briefly and only have the kindest things to say about each other — first inspired rumors that they had reunited after some delightful Twitter flirting. Now, Evans has gone to Washington, D.C., maybe only to see Slate perform stand-up. Because he is a supportive friend/maybe boyfriend.

Of course, friends support friends. And friends even flirt with other friends on Twitter. But, usually, friends don't gush to Vulture about their friends (slash ex-boyfriends), saying things like, "Last year was a giant, big year for my heart."

So yes, based on these little tidbits of information we shall continue to hope.

Adam Conover mansplains Halloween

The "Adam Ruins Everything" star enlightens us on the spooky holiday and Trump.

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In "Adam Ruins Everything," comedian and lapsed academic Adam Conover does, well, exactly that. That means Halloween and all things spooky, too.

Turns out your fear of tampered candy is unfounded and the spooky "War of the Worlds" broadcast was old-timey click-bait. Is ye olde Halloween spirit ruined, yet?

We talked to the 34-year-old about his favorite topics to ruin and not taking on Trump.

What are some of your favorite topics on "Adam Ruins Everything"?

We did a whole episode on climate change that was based on my own worry that all these individual things that we try to do to prevent climate change weren't really going to help. But the expert we had, Dale Jamieson, was really able to help me come to terms with how to think about climate change. That we always have the ability to make a better world by making a collective effort. We wrote that before the Trump administration pulled out of [The Paris Agreement].

He is one of the spookiest things in the world right now. Can you "ruin" him?

I mean, we are not a current-events show. A lot of people talk about Trump as if he's something brand new in politics. The reality is he's always been kind of normal. This kind of thing hasn't always been this powerful, but it's always been with us.

Between Trump and climate change, people seem worried about the world as we know it. Well, I'm never in favor of when people say, "Oh, the world is ending." There's no point in which you should throw up your hands In my opinion that's a real cop out and people should knock it off.

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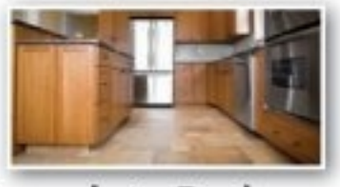

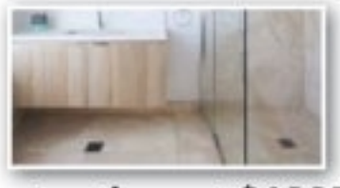

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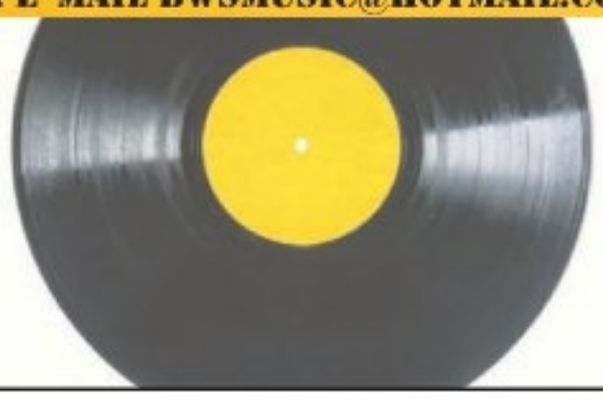

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Who you gonna call? Olde City Paranormal

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Olde City Paranormal takes Metro on a paranormal investigation in the area. CANDICE ZACHEISS

Ever wonder what it's like to be a real-life ghosthunter? Olde City Paranormal, based in Philadelphia, does just that — searching for paranormal activity throughout the region.

Founded by Philadelphia Police Officer John Levy, the team also includes two other Philadelphia police officers — George Finstein and Mike Kacey, as well as Amanda Levy, Glenn Orwan, David Hajduk, Billy Fritz and Shawn Price.

The group first came together in 2009 and within a few years, they were already being approached about starting a television series.

"TV shows are what they are — a show," Levy admits. "I'm not saying everything that happens on one is fake, but some of it is. I was told by a producer once before 'no ratings, no show.'"

Levy explains that he's seen a lot of paranormal shows where events are labeled as "paranormal" without any further investigation.

"This doesn't do our profession any justice at all," he says.

Once Glenn Orwan came into the Olde City Paranormal family, however, the group found a new focus — teaming up with historic landmarks to host paranormal events for the purpose of raising money.

"We give 100% of the proceeds to the historic landmark. One site which benefited from this incredible event was Graeme Park out in Horsham," says Levy. "We raised over $37,000 and continue to work with them today. The next event we are holding for Graeme Park is Nov. 18."

So how does one get interested in becoming a ghosthunter in the first place? Levy reveals a personal experience sparked his passion.

"I was at my mom's home in the Jersey Shore in the bathroom with the door open. Out of the corner of my eye, I saw a figure, which appeared to be my grandfather, who had been deceased since 1988," he says. "He walked from right to left past the bathroom into the next room, which was his bedroom when he was alive. I had to do a double take."

Levy immediately called his mom, and she admitted to feeling his presence in the house, especially when it came to pranks.

"She said my grandfather would always move items around in the house. She [initially] blamed my stepfather," he adds.

Levy sees some similarities between the work he does as a police officer and as a paranormal investigator.

"There are similarities in both fields, strictly in the investigative side, proving facts and doing a thorough investigation," he says. "I hold all of my investigators to a high standard of accountability, which is also another reason i have other Philadelphia police officers on my team."

Levy notes that the most haunted places he's encountered so far are Graeme Park, Burlington County Prison Museum and Fort Mifflin.

"Olde City Paranormal is very critical when it comes to deeming a location 'haunted.' We do numerous investigations to see if we can reproduce any of the things that happen or try to debunk them," Levy notes. "We use equipment like a Modified KII (reads electromagnetic fields, has a thermal temperature gauge and UV laser grids), digital voice recorders, Sonic Ears (records sounds beyond human hearing) and an air quality tester."

For more information on Olde City Paranormal, visit: oldecityparanormal.com.

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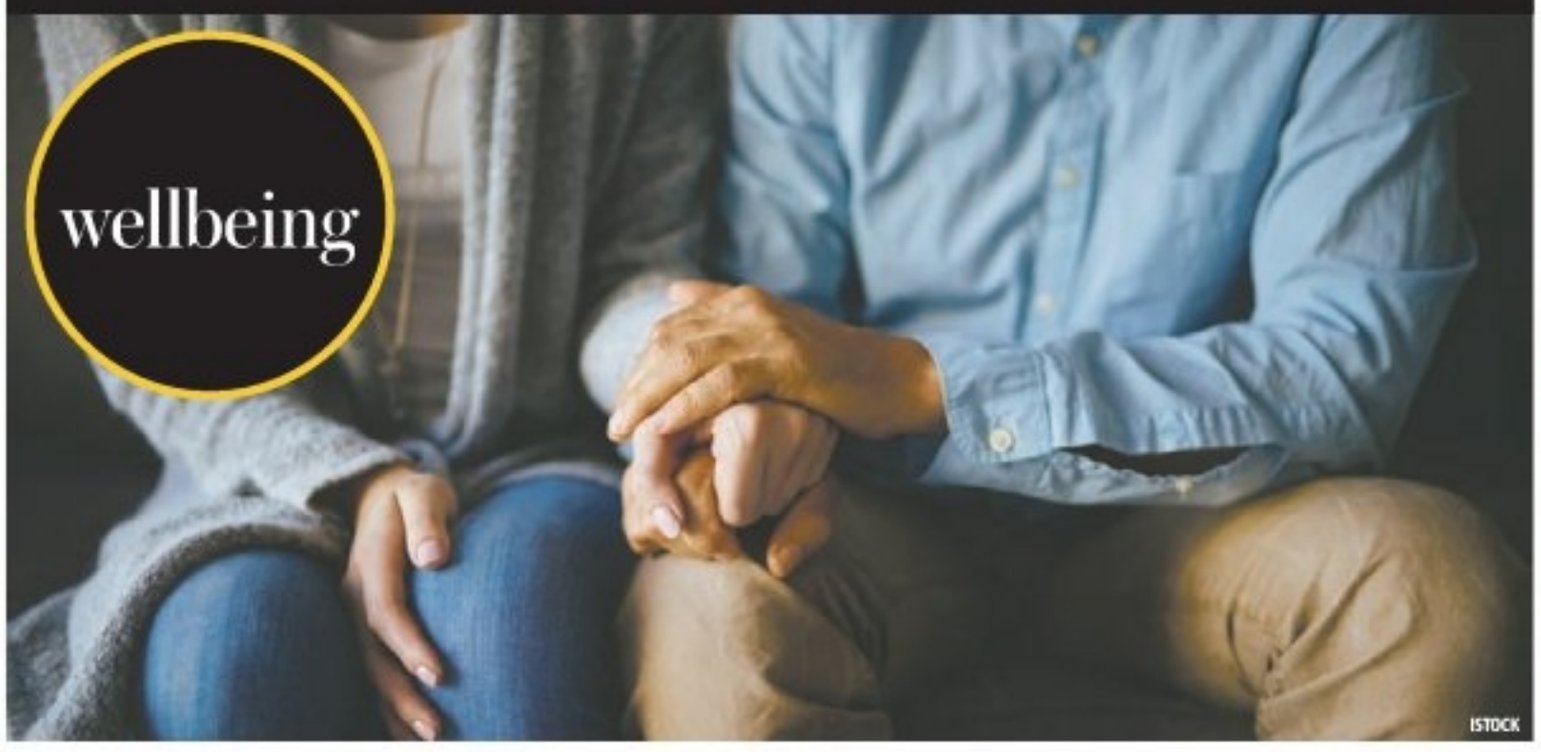

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Anyone battling alcoholism knows that the disease often goes hand in hand with anxiety and/or depression. With the holiday season often being a particularly challenging time, seeking treatment now can make all the difference. Initia Nova offers a concierge medicine treatment program for busy professionals looking for confidential, individualized treatment for alcoholism with depression and anxiety.

We sat down with Dr. Patrick Sullivan, emergency physician and founder of Initia Nova, and Mitchell Cogan, mental health clinician and Initia Nova's executive director, to fill in the blanks.

How are popular treatments for alcoholism and depression falling short?
Most people have tried the traditional route of going to expensive detox and rehab programs, only to start drinking again within weeks, sometimes days. The biological urges and constant triggers in your environment make it almost impossible to stop on your own. Some people find improvement with AA, but the success rates are sadly very low. Many people get overwhelmed by their depression and anxiety and succumb to the desire to drink.

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The Eagles have tied their franchise record for best start ever at 7-1. GETTY IMAGES

Are you ready to say it yet? You know, those words rhyming with "Scooper Mole." Are you ready to board the bandwagon? To suspend your hard-earned fatalism? To scout your parade-watching spot on Broad Street for February?

Most of us remain wary of declaring the Eagles Super Bowl worthy, despite their 7-1 record. The players, of course, must adhere to one-game-at-a-time clichés. "They don't give out trophies at midseason," center Jason Kelce warned after Sunday's waterlogged 33-10 whooping of the lowly 49ers.

No, they don't. But for fans, is there any rational reason beyond fearing a jinx to not project this team heading to Minnesota on Feb. 4? (I've looked up hotels. They're pricey.)

I studied dozens of power rankings last week. Each had the Eagles as the NFC's top team, and none listed them as lower than fourth overall in the league. That was before Sunday's 23-point win.

Think of it this way: If you were not an Eagles fan, where would you rank them? And which NFC franchise would you put ahead of them now?

There are other good ones — Minnesota, New Orleans, Seattle, maybe the Rams – but each has flaws. Hell, I won't even count out the despicable Cowboys, whose fate remains in the hands of whoever ultimately rules on Ezekiel Elliott's suspension.

The Eagles strength is they have no real weakness. Carson Wentz is a bona fide MVP candidate, even after Sunday's mushy performance. But while the QB has received the most hoopla, the defense deserves great credit.

Over the past four games, they have allowed opposing running backs just 129 yards on 58 attempts — an average of 2.2 yards per carry. They're vulnerable against the pass, but they make stops — currently the defense has the NFL's third-best rate of stopping 3rd-down conversions.

Fletcher Cox, after slumping last season, is a rock-solid All-Pro. The front seven, overall, is deep enough that coordinator Jim Schwartz can always call on fresh legs for the fourth-quarter pass rush.

The secondary has gone from a perceived weakness to an asset – even after losing CB Ronald Darby. Who'd have thought Jalen Mills would grow from seventh-round pick to play-making starter, or that Patrick Robinson would climb off the scrap heap to contribute?

The offense may be without star power beyond Wentz, but the strength is in the number of viable options. Sunday, the QB completed passes to nine different receivers.

It must be noted that Wentz was sacked three times and hit seven more in the first game without LT Jason Peters. That must be cleaned up — either through scheme, coaching or a trade at Tuesday's deadline.

Are the Eagles great? No, they're probably not as talented as the 2004 team that made the Super Bowl. But their timing is excellent – they're a very good team in a season when quality is down around the NFL. As we turn to the second half of the season, they're Vegas' darling.

Clearly, that's hard for some Philadelphians to fathom. I turned on WIP Monday morning, just in time to hear some fool named Levi say, "I've seen enough times when we've been built up just to get knocked down."

Okay, maybe they crush our hearts again. No guarantees. But things are breaking the Eagles' way now. The road to Minneapolis hasn't got any traffic blocking the way. The bandwagon is loading.

Are you climbing aboard?

Eagles expected to be aggressive ahead of the NFL trade deadline

Sometimes trade rumors are complicated. Sometimes they are random or wishful thinking.

With the 2017 Eagles, the team with the best record in the NFL at 7-1, it isn't hard to figure out what they might do.

Yes, we know, the NFL trade deadline is more or less a joke. And aside from perhaps a new home for Steelers' wide receiver Martavius Bryant, not much of consequence will likely happen. But we've seen more and more, the NFL start to resemble the NBA when it comes to offseason moves, trades, tanking and draft pick accumulation.

The Eagles are the most solidified buyers in the league. If anyone is going to try and win now, it's Philly.

"The Philadelphia Eagles are going to be very aggressive this week," Fox Sports' Jay Glazer said. "The trade deadline is on Tuesday. They are the top team in the league right now, record wise. Expect them to be very aggressive this week and try and upgrade before the deadline."

So what do the Eagles need? Well they lead the NFL in rushing attempts and are in the top 5 in yardage both in the air and on the ground. Carson Wentz and his group of wideouts (and Zach Ertz) lead the NFL with 19 receiving scores and the defense is beaming with confidence after a 33-10 win over the 49ers that helped boost their turnover differential to plus-5.

But injuries have taken a toll. Two weeks ago Philly lost Pro Bowl left tackle Jason Peters for the season, as well as middle linebacker Jordan Hicks.

Look in those spots for an upgrade.

"I like where we're at right now with our roster [with] the way guys are playing," Eagles head coach Doug Pederson said. "We're always looking, obviously. I'm not going to leave it out of the question, but at the same time, the guys that we have in this locker room, we've got a lot of confidence in, and we go forward from there."

The top player linked to the Birds at offensive line, after San Fran's Joe Staley got hurt Sunday, is Buffalo's Cordy Glenn. He has a manageable contract, and is potentially looking for a change of scenery. He would also be an upgrade for the Birds.

The Bills have shown an eagerness to build for the future with their trade with Philly this offseason acquiring Jordan Matthews and draft picks while trading away Sammy Watkins and Ronald Darby.

Will the Eagles deal for a new starting left tackle, like Cordy Glenn? GETTY IMAGES

The newest Eagle would need to be a perfect fit though.

"It would have to be a dynamic fit," Pederson said Monday. "It would have to be somebody that could help the team, and it would have to be such a fit that you don't disrupt the locker room and where the guys are."

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5 Things to know about new Phillies manager Gabe Kapler

A quick look at Gabe Kapler's MLB managing résumé as he prepares to take over the Phillies.

EVAN MACY
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The Phillies are finally joining the 21st century.

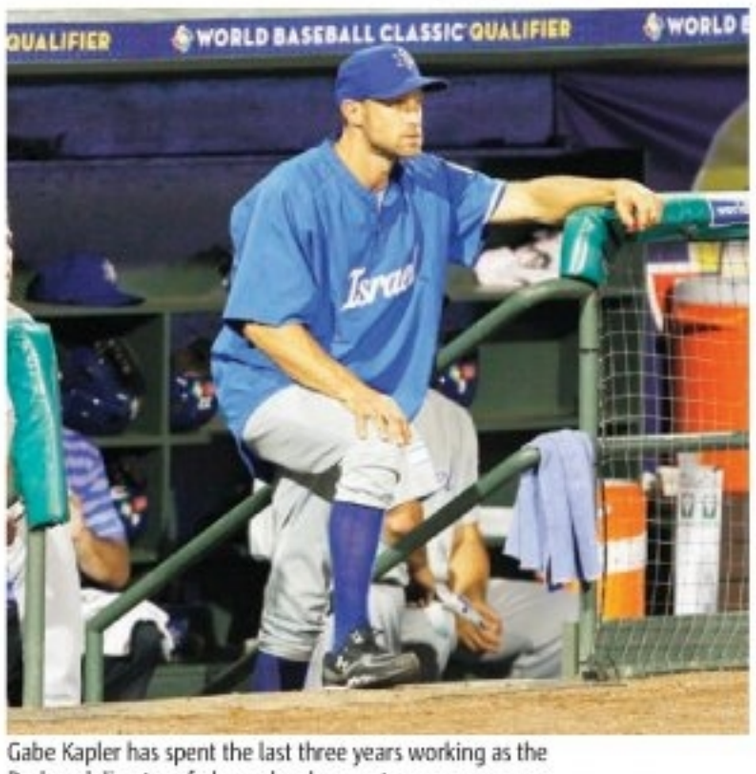
The team confirmed Monday that indeed the Phillies are hiring 42-year-old former outfielder Gabe Kapler as their next manager. Currently employed in the Dodgers front office, the choice to jettison Pete Mackanin for some young blood is a sign that the Phils are ready to embrace analystics and try and get the most out of their young core including Odubel Herrera, Nick Williams and Rhys Hoskins.

"I'm equal parts honored, humbled and excited by the opportunity with the Phillies, an elite franchise in a city rich in history, tradition, sports excellence and with amazingly passionate fans," Kapler said in a statement. "I believe there is no better place to build a winning environment, and I take that task very seriously."

Here are a few quick facts about the newest member of the Phillies staff:

1 His playing days ...

As a player, Kapler played 12 seasons for six teams and hit for a .268 career average and 82 home runs. A 57th-round pick, he was the MVP during his 1998 stint in Double-A but never panned out as an All-Star caliber big leaguer.



Gabe Kapler has spent the last three years working as the Dodgers' director of player development. GETTY IMAGES

He won the 2004 World Series with the Red Sox.

2 Proud Jewish heritage

Jokingly called the "Hebrew Hammer," Kapler was proud of his Jewish heritage, once signing a contract for $1,000,018 (the No. 18 represents life in Judiasm). He struggled with whether to play on Yom Kippur during the 2004 playoffs and coached the 2013 Israel National Team in the World Baseball Classic.

> *"Gabe has a track record of leadership, winning, progressive thinking and working with young players. ... He is the right person to guide this organization into the future."*
>
> Phillies general manager Matt Klentak

3 A health-obsessed lifestyle

His website, KapLifestyle.com outlines his approach to baseball and life — which places nutrition and health at the center. In his current position with the Dodgers he emphasizes healthy eating and diet.

4 Broadcast experience

Kapler was on FoxSports1 for a time, discussing and explaining advanced metrics to viewers.

5 His competition

Kapler reportedly beat out former Red Sox manager John Farrell and Dusty Wathan, manager of Triple-A Lehigh Valley, for the position.

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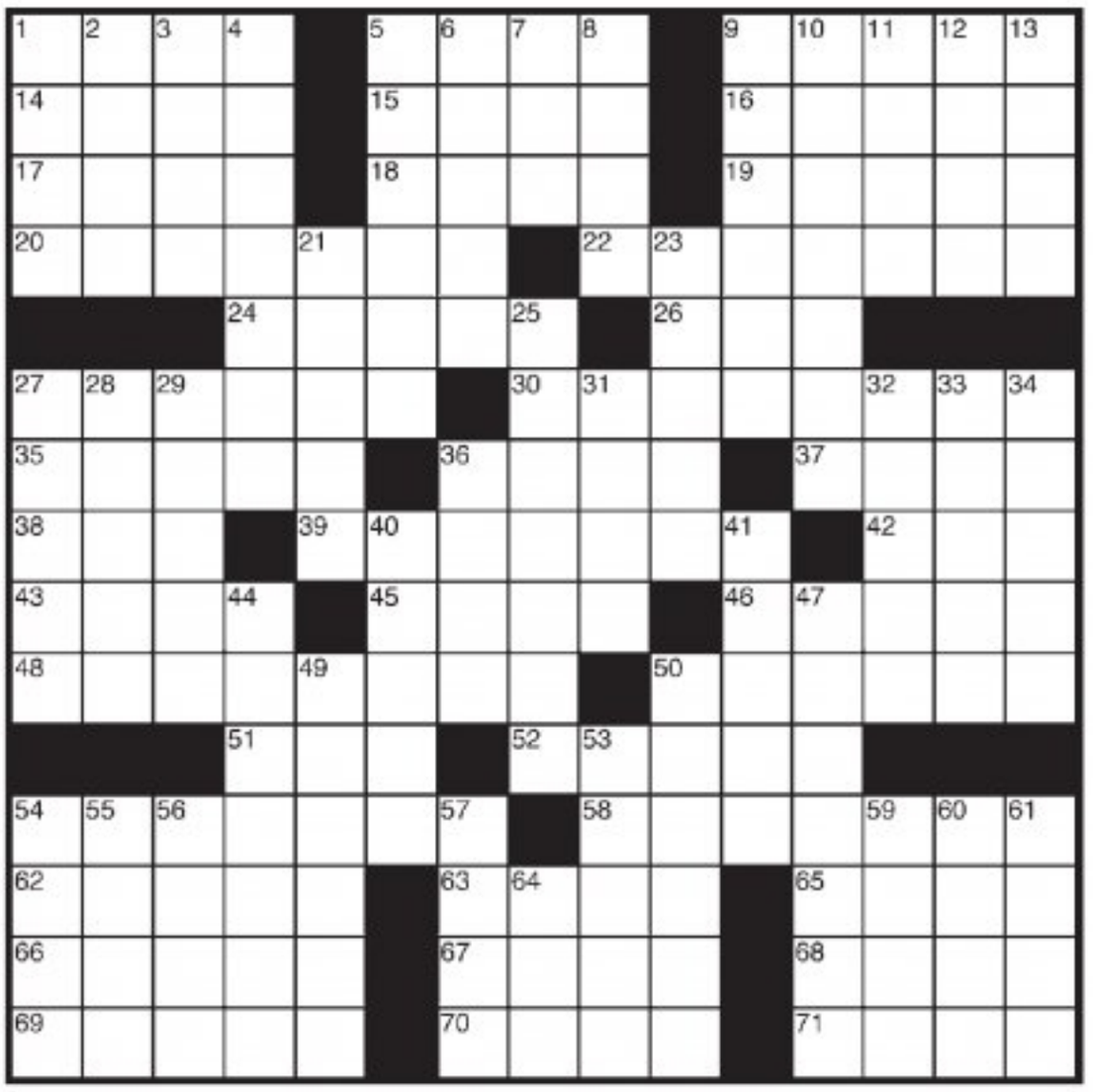
metro.us/games

metro.us/crossword

Across
1 Joy Adamson lioness
5 Tender cutlets
9 Marsh stalker
14 Night crawler
15 Arm bone
16 Kiri Te Kanawa, e.g.
17 Is, to Pedro
18 Back muscles
19 Lying facedown
20 Adjust the tires
22 Intellectual
24 Mark
26 Onassis nickname
27 Fix
30 Estimated the value of
35 Quark homes
36 Very dry, as champagne
37 Drone's home
38 New pet, maybe
39 Prickly evergreens
42 Actress -- Thompson
43 Notion
45 Milk, to Yves
46 Sharp spine
48 Tell about
50 Partakes of a sumptuous dinner
51 Not mil.
52 More unusual
54 Apple pastry
58 Watch carefully (hyph.)
62 Not those
63 Beside oneself
65 Monsieur's pate
66 Gene Autry movie
67 Longish skirt
68 Skip over
69 Wharves
70 Like good cheddar
71 Galileo's hometown

Down
1 Water pitcher
2 Leave far behind
3 Tijuana Ms.
4 Dental filling
5 Lacking in refinement
6 Large African antelope
7 Emmet
8 Have durability
9 Dominion
10 Parsley or lemon slice
11 Black bird
12 Flying piscivore
13 Stratum
21 Kind of potato
23 Swiftness of motion
25 Previous
27 Lightning-quick
28 Chopin piece
29 Vatican figures
31 Exec, slangily
32 Places to store grain
33 Turn inside out
34 Koontz and Martin
36 Spill the beans
40 Relish tray item
41 Guide
44 Prosecutor
47 Auto style
49 Cabbie's fares
50 Below zero
53 Nest
54 Organ valve
55 Siamese, now
56 Nerve network
57 Dalai --
59 Half, in combos
60 Redding or Skinner
61 -- -- move on!
64 Band's booking



metro.us/sudoku

easy

			1		2	6		5
3		8			6			2
			4	8		3		
2	6							
	8	1		5		4	3	
							9	7
		3		6	4			
5			3			8		4
1		6	8		9			

hard

			5		4	3		9
				1		2	5	
	4				2			
		5		8	7		3	2
2				5				1
4	8		1	2		9		
			7				2	
	2	4		9				
3		6	2		5			

metro.us/horoscopes

Aries Money will come from an unexpected source. Accept the rules and be prepared to take advantage of a chance to join forces with someone you respect.

Taurus You'll be given privileged information that will help you make critical decisions regarding your relationships. Consider all the angles before signing an agreement.

Gemini Expect someone to try to limit what you can do. Be prepared to fight back with intelligence and enthusiasm. A positive attitude will be difficult to say no to.

Cancer Ask for a raise or revise your resume and send it out to companies you'd like to work for. Market what you have to offer. Enjoy time with friends, family and children.

Leo Take a closer look at yourself and what you have to offer, as well as what you are up against. If you want something, be willing to put in the work.

Virgo Express your feelings and find out where you stand. Honesty will help you find out how you fit in to situations and the best way to move forward. Rely on your intuition.

Libra Getting along with the people you must deal with regularly will make a difference to the outcome of something you are trying to accomplish. Embrace new methods.

Scorpio Approach whatever job you take on with imagination. Learn as you go and don't worry so much about sticking to a format. Uniqueness will give you a competitive edge.

Sagittarius Be willing to meet someone halfway. If you are stubborn, you will end up making little progress. A change of attitude will result in positive feedback.

Capricorn Choose to use your skills in new ways. A conversation you have with someone you feel emotionally drawn to will spark an idea that will help you diversify.

Aquarius Do your best to bring about a positive change geared toward helping you save money, put a settlement or legal concern to rest or improve your daily heath routine.

Pisces A money matter can be resolved if you discuss your concerns. Your thoughts and suggestions will help you gain respect and your just reward. EUGENIA LAST

Yesterday's answers

P	I	C	A	■	Y	E	L	P	■	D	E	R	B	Y
O	R	A	L	■	E	R	A	S	■	A	G	O	R	A
R	E	S	T	R	A	I	N	T	■	K	O	D	A	K
E	N	E	■	U	S	E	D	■	M	O	I	S	T	■
D	E	S	E	R	T	■	S	T	A	T	S	■	■	■
■	■	■	G	A	S	H	■	E	N	A	M	E	L	■
M	O	R	A	L	■	O	G	L	E	S	■	K	E	A
A	R	I	D	■	V	A	U	L	T	■	B	E	A	N
C	B	S	■	V	E	R	N	E	■	P	E	S	K	Y
■	S	K	E	I	N	S	■	R	O	A	N	■	■	■
■	■	■	G	L	U	E	D	■	U	T	T	E	R	S
■	E	A	G	L	E	■	A	S	T	I	■	D	O	C
O	M	N	I	A	■	C	R	O	C	O	D	I	L	E
A	M	O	N	G	■	H	E	I	R	■	A	T	E	N
R	A	N	G	E	■	I	D	L	Y	■	P	S	S	T

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